TREADMILL EXERCISE /TEST

Treadmill having a cardiac pt walk a treadmill is a useful & commonly employed investigation processure.

The test is carried out using standard protocol.

BRUCE TREADMILL PROTOCOL

Stage	Speed (MPH	grade (%)	Time (minute) (frequency)	meter
1	~~1.5~~ 1.7 mil/hour	10%	3 min.	5 meters
2	2.5 mil/hours	12%	3 min.	7 m.
3	3.4 mph	14%	3 min.	10 m.

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4	4.2 mpH	16%	3 min.	13 min.
5	5 mpH	18%	3 min	16 min.
6	5.5 mpH	20%	3 min	19 min
7	6 m	22%	3 min	22 min.

Stage	Speed (mpH)	grade (%)	Time (min)	meter
1st	1.7 mpH	0	3 min	2 min
2nd	1.7 mpH	5%	3 min	3 min
3rd	1.7 mpH	10%	3 min	5 min.
4th	2.5 mpH	12%	3 min.	7 min
5th	3.4 mpH	14%	3 min	10 min
6	4.2 mpH	16%	3 min	13 min
7	5 mpH	18%	3 m	16 min
8	5.5 mpH	20%	3 min	19 min
9	6 m	22%	3 min.	22 min

→ Treadmil testing is of value in detecting cardiac ischemia in determining maximum O2 consuption at peak

Date
Page

exercision & anaerobic threshold. And in emulating pt prior to cardiac rehabilitation & also helpful for arrhymas & hypotension.

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